



South Salt Lake City Recreation

Concussion and Head Injury Policy

In order to help protect participants in City sporting events, the South Salt Lake Recreation Department requires that athletes, parents/guardians and coaches follow South Salt Lake Head Injury Policies and Procedures, as provided in this form.

Concussions are brain injuries caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. All concussions are potentially serious, regardless of their severity, and may result in complications if they are not recognized and managed properly. Most concussions occur without loss of consciousness, and some take hours or days before their symptoms appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- Pressure in the head
- Nausea or vomiting
- Neck pain
- Balance Problems or Dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish, slowed down or groggy
- Drowsiness
- Changes in sleep patterns
- Amnesia
- Fatigue or low energy
- Sadness
- Unusual nervousness/anxiety
- Irritability
- Confusion
- Difficulty concentrating or remembering

Signs which may be observed by teammates, parents and coaches:

- Appears dazed
- Vacant facial expression
- Confused over assignment
- Forgets plays
- Unsure of game, score or opponent
- Moves clumsily or lacks coordination
- Answers questions slowly
- Slurred speech
- Behavioral and personality changes
- Memory problems
- Seizures or convulsions
- Changes from typical behavior
- Loses consciousness

What will happen if my athlete experiences one of these symptoms:

Athletes with signs and symptoms of concussion **should be removed from play immediately**. Continuing to play with the signs and symptoms of a concussion leaves the athlete vulnerable to greater injury. Significant injury can occur if the athlete suffers a second concussion shortly after the first. It can lead to prolonged recovery, or even severe brain swelling, which can be fatal. It is well known that adolescent or teenage athletes under-report their symptoms. As a result, parents, teammates and staff should intervene if an athlete shows these symptoms.

If you think your child/player has suffered a concussion:

Any athlete, under the age of 18, suspected of suffering a head injury or concussion must be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. Written medical clearance must state that the athlete has been evaluated by a qualified health care provider, licensed under Utah Code Ann. Title 58, who is trained in the evaluation and management of concussions; and that the qualified health care provider has within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and the athlete is cleared to resume participation in the County sporting program or event.

The following, appropriately licensed health care providers may provide clearance:

- Medical Doctors (MD)
- Doctor of Osteopathy (DO)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician's Assistant (PA)
- Licensed Certified Athletic Trainers (ATC)

Immediately inform your child's coach if you think that your child/player may have a concussion. No game is worth jeopardizing your child's health. **When in doubt, the athlete sits out.**